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NO ORDINARY ROOKIE

With RGIII at the helm, the Redskins always have a shot **16**

DETERMINED SOUL

A yoga instructor returns to the mat after a brutal attack **23**



SURPRISING HOST

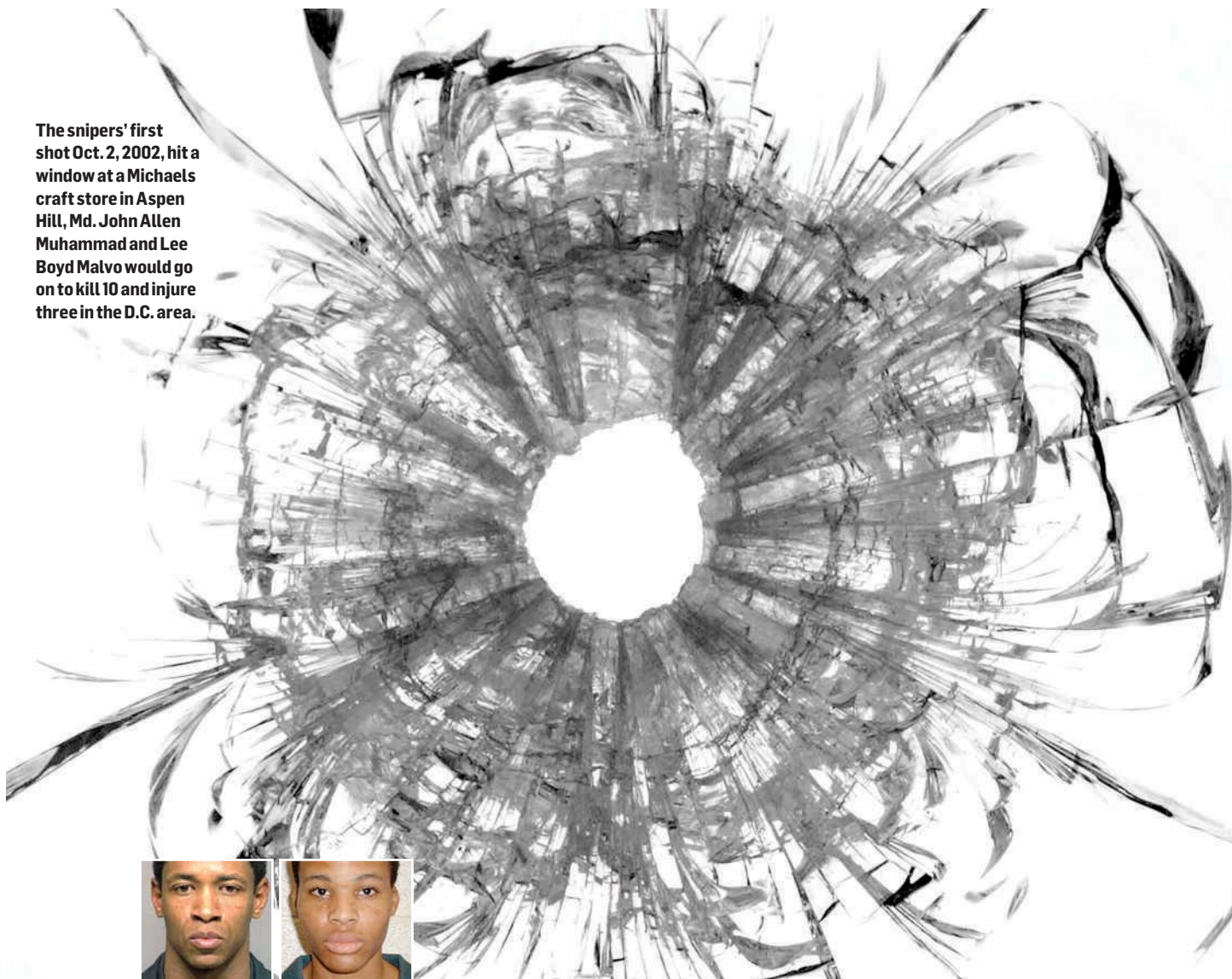
The Oscars draw on Seth MacFarlane to boost the broadcast **29**



FOR EXTENDED FORECAST, SEE PAGE 37

OCTOBER 2, 2012 | A PUBLICATION OF *The Washington Post* | NEWS, ENTERTAINMENT, ARTS, LIFESTYLES | **FREE DAILY**

The snipers' first shot Oct. 2, 2002, hit a window at a Michaels craft store in Aspen Hill, Md. John Allen Muhammad and Lee Boyd Malvo would go on to kill 10 and injure three in the D.C. area.



10 years ago today, they shattered our sense of security.

The D.C. sniper shootings — 23 days that paralyzed the region **11**

MARK WILSON/GETTY IMAGES

eo

eye openers

BETTER LATE THAN NEVER

Columbia House Music Club Member Finally Gets Free CD

Postal workers failed to collect mail for 23 years from a mailbox at one of England's busiest railway stations, the Telegraph reported Monday. During renovations of the Birmingham New Street Station last week, builders removed the mailbox and found letters dating as far back as 1989. The mailbox had been sealed earlier this year, but never checked for mail. The Royal Mail is working to deliver the letters to the correct destinations. (EXPRESS)

“We are unsure what he was looking for or what he had lost and whether he found it.”

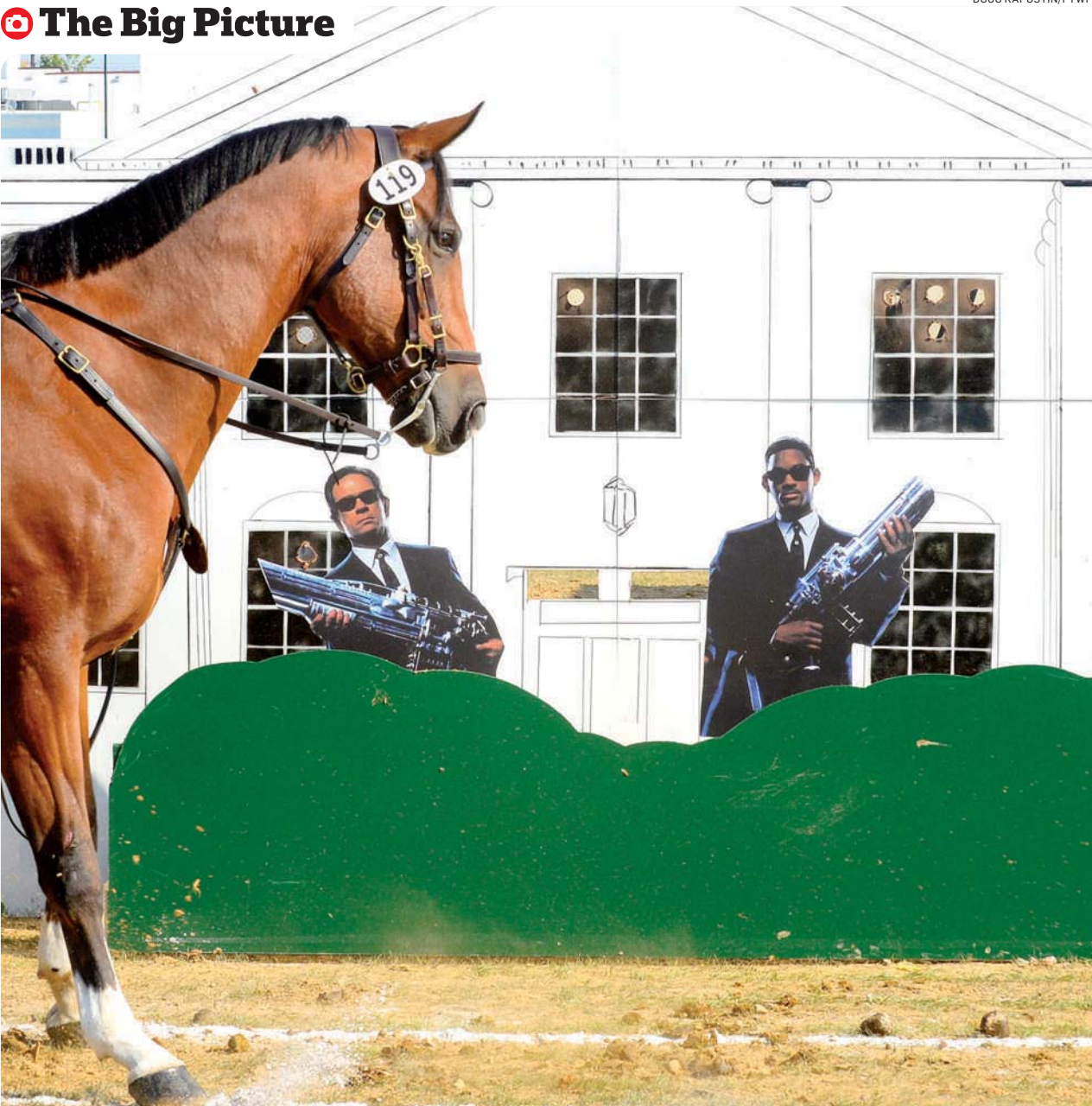
— SPOKESMAN FOR GRAMPIAN POLICE, AFTER A 52-YEAR-OLD MAN BECAME WEDGED AS HE PUT HIS HEAD INTO A GARBAGE CAN TO TRY TO RETRIEVE AN OBJECT IN ABERDEEN, SCOTLAND, THE TELEGRAPH REPORTED MONDAY

PROBLEMS

The Aftereffects of Plagues Rarely Spoken of, Just as Bad

Several businesses in Waco, Texas, are dealing with a smelly problem that won't go away: decaying cricket carcasses. A bank, a drugstore and other businesses have been inundated with the odorous onslaught of dead crickets that have collected on sidewalks and been trapped inside walls. Health officials say the crickets don't pose any direct health risks. (AP)

The Big Picture



WORLDS COLLIDE: Mr. Te walks past a “White House” guarded by pop-up cardboard “Men in Black” characters Sunday. More than 70 police officers from mounted units as far away as Kentucky and Ontario competed on the equestrian obstacle course at the Montgomery County Agricultural Fairgrounds, which was designed around replicas of Washington's landmarks and other urban sights and sounds.



Artwork by Donna Butnik

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Protocol No. 88-M-0131

Huge Tax Hikes Loom At Year-End 'Fiscal Cliff'

Report: If cuts expire, many families would face steep increases

Washington

A typical middle-income family making \$40,000 to \$64,000 a year could see its taxes go up by \$2,000 next year if lawmakers fail to renew a lengthy roster of tax cuts set to expire at the end of the year, according to a new report released Monday.

Taxpayers across the income spectrum would be hit with large tax hikes, the Tax Policy Center said in its study, with households in the top 1 percent income range seeing an average tax increase of more than \$120,000, while a family making between \$110,000 to \$140,000 could see a tax increase in the \$6,000 range.

The government would reap more than \$500 billion in new revenue if a full menu of tax cuts were allowed to expire. The expiring



Meanwhile ...

Eventually, the economic recovery will pick up steam — whether Barack Obama or Mitt Romney is in the White House. But first, Obama or Romney, together with Congress, will have to pull back from the “fiscal cliff,” the

politically created budget abyss facing the nation at year's end. Most economic analysts agree that if Washington resolves that looming crisis, Americans can expect faster economic growth. “Regardless of who is president, if the next president is able to nail down these fiscal issues, then I do think we're off and running,” said Mark Zandi, chief economist at Moody's Analytics. (AP)

provisions include Bush-era cuts on wage and investment income and cuts for married couples and families with children.

Economists warn that the looming tax hikes, combined with \$109 billion in automatic spending cuts scheduled to take effect in January, could throw the fragile economy back into recession if Washington doesn't act. The automatic spending cuts are coming due

All told, almost 90 percent of all households would face a tax increase, with the top 20 percent of earners bearing 60 percent of the overall cost.

because of the failure of last year's deficit “supercommittee” to strike a bargain. The combination of the sharp tax hikes and spending cuts has been dubbed a “fiscal cliff.”

All told, almost 90 percent of all households would face a tax increase, with the top 20 percent of earners bearing 60 percent of the overall cost.

It's likely that policymakers will allow the payroll tax cut first enacted for 2011 to expire, and President Barack Obama is calling for permitting rates on individual income exceeding \$200,000 and family income over \$250,000 to go back to Clinton-era rates of as much as 39.6 percent.

Republicans controlling the House have also called for the expiration of Obama-backed tax cuts for the working poor. But all sides are calling for the renewal of Bush-era tax rates for everyone else. Without a renewal of those rates, a married couple would pay a 28 percent rate on taxable income exceeding \$72,300 instead of the 25 percent rate they now pay. And the 10 percent rate paid on the first \$8,900 of income would jump to 15 percent.

The new top rate of 39.6 percent would kick in for income over \$397,000. The current top rate is 35 percent. ANDREW TAYLOR (AP)

In Brief

WASHINGTON

State Dept. Rejects Call For Ambassador to Quit



Rice

The Obama administration on Monday rejected a demand from a senior Republican lawmaker that the U.S. ambassador to the United Nations re-

sign. Rep. Peter King of New York said last week that Susan Rice's explanation of the Sept. 11 attack on the U.S. Consulate in Benghazi, Libya, was a foreign policy failure. (AP)

SAN FRANCISCO

Groups to Challenge Ban On Reparative Therapy

Two days after California Gov. Jerry Brown signed a bill prohibiting licensed mental health professionals from using so-called reparative or conversion therapies with clients younger than 18, two Christian legal groups said Monday they would sue in federal court in Sacramento to prevent the law from taking effect on Jan. 1. (AP)

Correction

In Thursday's paper, a photo of Janis Joplin was misidentified as actress Mary Bridget Davies, who plays Joplin in Arena Stage's production of “One Night With Janis Joplin.”



Hogwash: Bacon lovers can relax — U.S. agricultural economists are dismissing reports of a global bacon shortage. However, the economics of the current drought are likely to nose up prices for bacon and other pork products next year by as much as 10 percent. On Monday, a spokesman for the British pork trade group maintained its position that “there will be a significant tightening in the global pigmeat supply” next year. (AP)

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Nation

Scout Group to Report Pedophiles

Portland, Ore.

The Boy Scouts of America plans to begin doing what critics argue it should have done decades ago — bring suspected abusers named in the organization’s so-called perversion files to the attention of police departments and sheriff’s offices across the country.

The Scout group has, until now, argued it did all it could to prevent sex abuse within its ranks by spending a century tracking pedophiles and using those records to keep known sex offenders out of its organization. But a court-ordered release of the perversion files from 1965 to 1985, expected sometime in October, has prompted Scouts

Backstory

The Boy Scouts began keeping the so-called perversion files shortly after the group’s creation in 1910, when pedophilia was largely a crime dealt with privately — not publicly. The release means that alleged abusers, and the names of Scout leaders who failed to report them, will be made public soon in tens of thousands of pages of confidential documents. (AP)

spokesman Deron Smith to say the organization will go back into the files and report any offenders who may have fallen through the cracks.

Smith said Mike Johnson, the

group’s youth protection director and a former police detective, will lead the review.

That could prompt a new round of criminal prosecutions for offenders who have so far escaped justice, said Clatsop County, Ore., District Attorney Josh Marquis. But investigations may require more than what most Scout files provide, including victims willing to cooperate.

“Let’s even assume the suspect confessed,” he said. “An uncorroborated confession is not sufficient for a conviction.”

Many states have no statutes of limitations for children victimized when they were younger than 16, so even decades-old crimes could be fair game. TERRENCE PETTY (AP)

\$112.5M

The amount American Express is paying in refunds and fines to settle regulators’ accusations that it charged unlawful late fees and deceived customers to pressure them to pay off old debts or buy extra credit-card services. The company agreed to the settlements announced Monday by four federal agencies, including the Federal Reserve. (AP)

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Nation

Supreme Court Begins New Term

Affirmative action, same-sex marriage rulings expected

Washington

The Supreme Court plunged into its new term Monday with a high-stakes dispute between businesses and human rights groups over accountability for foreign atrocities. The next nine months hold the prospect for major rulings on affirmative action, same-sex marriage and voting rights.

The first blockbuster case on the court's calendar is Oct. 10, when the justices will hear arguments in a fight over the University of Texas' affirmative action program. Texas uses multiple factors, including community service, work experience, extracurricular activities, awards and race, to help fill 20 to 25 percent of the spots in its freshman classes. The outcome could further limit or even end the use of racial preferences in college admissions.

The court also is expected to confront same-sex marriage in some form in November. Several cases seek to guarantee federal benefits for legally married same-sex couples. A provision of the 1996 Defense of Marriage Act deprives same-sex

Court's First Case

The high-stakes dispute the Supreme Court opened with Monday involves a lawsuit against Royal Dutch Petroleum, or Shell Oil, over claims that the company was complicit in murder and other abuses committed by the Nigerian government against its citizens in the oil-rich Niger Delta. The justices will consider whether American courts may be used by foreign victims to sue over human rights violations abroad. A decision is expected by spring. (AP)

couples of federal benefits available to heterosexual couples.

Another hot topic with appeals pending before the high court is the future of a cornerstone law of the civil rights movement.

In 2006, Congress overwhelmingly approved, and President George W. Bush signed, legislation extending for 25 more years a critical piece of the Voting Rights Act. It requires states and local governments with a history of racial and ethnic discrimination to get advance approval either from the Justice Department or the federal court in Washington before making any changes that affect elections. MARK SHERMAN (AP)



Peanut Butter Recall Spreads

Sunland Inc. on Monday expanded its recall of peanut butter and almond butter to include cashew butters, tahini and blanched and roasted peanut products. The company recalled several products last month after salmonella illnesses were linked to Trader Joe's Creamy

Salted Valencia Peanut Butter. A full list of all 101 recalled products can be found at <http://1.usa.gov/Ur0FZZ>. (AP)

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World

In Brief

MOSCOW

USAID Ends Russia Work

The U.S. Agency for International Development wrapped up its work in Moscow on Monday, leaving many of the Russian activists it has supported during the past 20 years feeling a chill they thought had disappeared with the demise of the Soviet Union. Tatiana Kasatkina, executive director of rights group Memorial, said it is clear the government expelled USAID because it does not like the groups it funds. (THE WASHINGTON POST)

RAMALLAH, WEST BANK

2 Teams to Investigate Arafat's 2004 Death

Investigators from France and Switzerland will conduct parallel probes into the 2004 death of Palestinian leader Yasser Arafat, officials said Monday. His remains will be exhumed secretly to give each team a chance to test for poisoning. The teams are acting separately on behalf of Arafat's widow, Suha Arafat, and the Palestinian Authority. (AP)

TEHRAN

Rial Sinks to Record Low

Iran's currency on Monday fell 16 percent in a single day to hit 34,500 rials to the U.S. dollar, a record low, street traders said. The collapse of the currency is a sign of the impact of Western sanctions imposed over Iran's disputed nuclear program. (AP)

U.S. Reporter Missing In Syria Seen on Video

Experts suggest clip is staged; Tice may be in regime custody

Washington

Video footage has emerged showing U.S. freelance journalist Austin Tice being held by a group of masked men toting assault rifles in the first direct evidence of his condition since his disappearance in mid-August.

The 47-second video clip was posted onto YouTube on Sept. 26 and came to light Monday after it appeared on a Facebook page associated with supporters of the government of Syrian President Bashar Assad. It is the first to show Tice since he disappeared while reporting on Syria's civil war.

The video opens with footage of a convoy of vehicles moving through mountain terrain, before cutting to a knot of armed men leading Tice up a mountain path.



CHRISTY WILCOX/AP/BETTY IMAGES

Who Is Austin Tice?

Austin Tice, a 31-year-old former Marine infantry officer and law school student, had been reporting on Syria since May for news organizations that include The Washington Post and McClatchy. He disappeared in mid-August. Syrian government and pro-regime news sources have posted critical messages about Tice since his disappearance. Tice's family stressed in a statement that its priority is to get him home. (TWP)

A blindfolded Tice is pushed to his knees, visibly distressed. He cries out, "Oh Jesus, oh Jesus," and reverts to Arabic.

The emergence of the video comes amid other reports suggesting Tice has been in the custody of the Syrian government. Experts on Monday cautioned against taking the content of the clip at face value.

Discrepancies include the clothing of Tice's apparent captors, the production quality of the film, the means of distribution and other signs that cast doubt on whether

Tice was actually being held by one of the extremist groups that has become active in Syria's civil war. Assad's government has been eager to portray the conflict as a struggle against extremist groups.

In the video, the captors are wearing Afghan-style tunics and pants. The video would mark the first time Syrian rebels have been seen wearing such clothes, said Joseph Holliday of the Institute for the Study of War.

Islamist extremists typically address the camera head-on, but the film has been edited to avoid displaying any faces, he said. "It's like a caricature of a jihadi group," Holliday said.

Previous reports have suggested Tice was captured by Syrian government forces. The Syrian government has not publicly commented.

(THE WASHINGTON POST)

Meanwhile ...

At the U.N.

Syrian Foreign Minister Walid al-Moallem on Monday accused the U.S. and its allies of stoking "terrorism" in his country, delivering an uncompromising message before the U.N. General Assembly. He said the efforts by Syria and the world would fail unless nations stop arming the rebels. (AP)

In Syria

An air raid Monday on a mosque in Syria's commercial capital of Aleppo killed at least 21 people, activists said. An activist group put the death toll nationwide at as many as 95 by Monday afternoon. The violence has so far killed more than 30,000 people, activists estimate. (AP)



Reef Reduced: Australia's Great Barrier Reef has lost more than half its coral cover since 1985, according to a study published Monday. The loss has been spurred by a combination of factors including hurricanes, coral-eating starfish and coral bleaching. The findings show how even the world's most protected marine areas are under assault from natural forces and causes linked to human activity that is resulting in climate change. (THE WASHINGTON POST)

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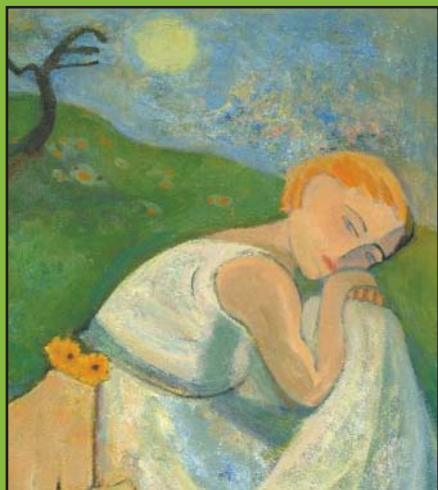
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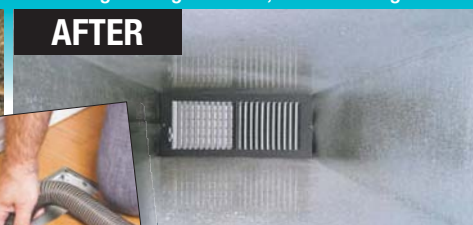
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World



Drivers push a stranded van out of a recent traffic jam clogging Lagos, Nigeria.

Lagos Finds Gridlock A Growing Problem

Nigeria's largest city cracks down with new laws for drivers

Lagos, Nigeria

The traffic begins long before dawn in Nigeria's largest city. The poor crowd bus benches. The middle classes sit behind the steering wheels of used imports. The wealthy thumb tablet computers in cars with blaring sirens, chauffeured by moonlighting police.

They will almost certainly end up jumbled together in one of Lagos' epic traffic jams.

In the metropolis of 17.5 million, which is predicted to overtake Cairo as Africa's most populous city in 2015, the traffic jams that Nigerians call "go-slows" can strike at any moment.

Trying to beat the rush inspires chaos. Drivers ignore one-way signs. Bus drivers, whose wages depend on how many passengers they pick up, stop in mid-lane.

The rich and powerful have security forces who bully drivers out of their way with leather whips that can crack windshields.

"It kind of suits Nigeria in a way. It wouldn't be Nigeria if it ran smoothly."

— **EBY EMENIKE**, A RESIDENT OF LAGOS, ON THE TRAFFIC PROBLEM GRIPPING NIGERIA'S LARGEST CITY

Lagos state forces drivers who go against traffic on a one-way street to undergo psychiatric evaluations. "We need to know whether such a person should be allowed to drive," an official leaflet says.

A new law mandates a three-year sentence, regardless of what the psychiatrists find. More tough laws are coming, with fines of more than \$200 — more than three months' income for most Nigerians — for eating, smoking or using a cellphone behind the wheel. (AP)

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You may be eligible for screening if you are:

- 18 – 50 years old
- A non-smoker or non-habitual smoker
- Interested in participating in future studies

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Bomber Strikes Patrol, 14 Killed

Kabul, Afghanistan

A Taliban suicide bomber rammed a motorcycle packed with explosives into a joint U.S.-Afghan patrol on Monday, killing 14 people including three Americans in the latest attack on an increasingly fraught program to help Afghan forces take over security so foreign troops can withdraw from the country over the next two years.

Joint patrols between NATO and Afghan forces, similar to the one targeted Monday, have been limited following a tide of attacks by Afghan soldiers and police on their international allies.

Last month, the U.S. military issued new orders that require units to get approval from superi-

Backstory

Monday's lethal attack on a U.S.-Afghan patrol in the city of Khost came after more U.S. casualties over the weekend that pushed the U.S. military's death toll for the war above 2,000—a figure that has climbed steadily in recent months. The rising death toll for the coalition troops has boosted calls for a pull-out as soon as possible, instead of the 2014 deadline, and is jeopardizing the goal of training Afghans to secure their country. (AP)

ors before conducting operations with Afghans. Two weeks later, U.S. officials said most missions were being conducted with Afghans

again, though the system of approvals remained in place.

In the latest attack, the bomber struck the mixed police and military patrol shortly after they got out of their vehicles to walk through a market area in the eastern city of Khost. It was a reminder that the insurgency is still fighting hard after 11 years of a U.S.-led war to defeat the militants.

In addition to three Americans and their translator, six civilians and four police officers were killed in the explosion, a provincial government spokesman said, and more than 60 people were wounded.

Taliban spokesman Zabiullah Mujahid said in text messages to media that the insurgent group was behind the attack. (AP)

Buddhists Clean Up After Attacks



A BUDDHIST MONK GATHERS the remains of burned religious texts Monday at a temple in Ramu, Bangladesh. The temple was one of 10 attacked overnight Saturday by Muslims infuriated over a Facebook photo depicting a desecrated Koran. A local Buddhist boy was accused of posting the image.

\$200K The bounty offered Monday by an ex-Pakistani lawmaker for anyone who kills the maker of an anti-Islam film that has angered Muslims. It is the second such offer made by a man in Pakistan. (AP)

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Cover Story



Investigators study a gas station in Spotsylvania, Va., on Oct. 11, 2002, where a man was killed during a rampage by two snipers.

23 Days of Terror

Ten years ago, they chose unsuspecting targets caught at vulnerable moments — a man mowing a lawn, a cabdriver buying gasoline, a nanny vacuuming a car. And they spread terror across the Washington region, from Baltimore to Richmond, as they picked off innocents, left ghastly murder scenes and made potential targets of millions of local residents. People were afraid to buy gas, or go to the grocery store, or cross the street. The killing seemed unstoppable.

Fifteen people were slain in a cross-country spree that climaxed in the region during three terrifying weeks in October 2002. Seven others were wounded. In the D.C. area, 10 people were killed and three wounded between Oct. 2 and the day the snipers were arrested, Oct. 24.

John Allen Muhammad and Lee Boyd Malvo terrorized the region by shooting indiscriminately at people. Now, the memories of white vans, tarot cards and zigzagging though parking lots have somewhat faded.

But for Bob Meyers and others directly affected by the sniper shootings, getting on with their lives has meant holding on to a piece of that past.

Meyers saved his brother Dean Meyers' old Timex wristwatch — which has been stuck at 8:23 and 54 seconds.

"When he hit the ground it stopped," Meyers said of the watch. "But it was a few minutes fast. Because that's the way he always was. He was always on time."

Nelson Rivera, whose wife, Lori,



Muhammad

Malvo

25, was shot in the back while vacuuming a car at a gas station in Kensington, Md., saved her wooden jewelry box.

It contains her wedding ring, necklaces, her driver's license, a contact lens case and a snapshot of the couple with their daughter, Jocelin, now 13.

"I tried to keep everything," Nelson Rivera said. "Because everything, even if it's a little thing, is

of value to me. ... Eventually, when Jocelin turns 18, we're going to give it to her."

The victims were selected at random by Muhammad, then 41, an itinerant former soldier, stick-up man and con artist, and his sidekick Malvo, a Jamaican teenager, who roved the area in a broken-down car, armed with a stolen rifle.

Local and state police, as well as federal law enforcement agencies, appeared helpless.

But early on the morning of Oct. 24, acting on a tip, a SWAT team seized the suspects as they slept in their car near Frederick, Md. The sniper rifle was stashed behind the back seat.

A year later, Muhammad and

Victims of The D.C. Snipers

On Oct. 2, 2002, John Allen Muhammad and Lee Boyd Malvo began shooting people in the Washington area — a string of attacks that left 10 dead and three seriously wounded. The snipers terrorized the region for more than three weeks before being caught at a rest stop near Frederick, Md. These are the victims of their rampage. (TWP)



James Martin, 55
Killed Oct. 2 at 6:02 p.m.

Shot in the chest while in a parking lot at a Shoppers Food Warehouse in Wheaton, Md.



James "Sonny" Buchanan, 39
Killed Oct. 3 at 7:41 a.m.

Shot in the chest while mowing grass at Fitzgerald Auto Mall in North Bethesda.



Premkumar Walekar, 54
Killed Oct. 3 at 8:12 a.m.

Shot in the chest while pumping gas at a Mobil station in Aspen Hill, Md.



Sarah Ramos, 34
Killed Oct. 3 at 8:37 a.m.

Shot in the head while sitting on a shopping center bench near Leisure World in Silver Spring.



Lori Lewis Rivera, 25
Killed Oct. 3 at 9:58 a.m.

Shot in the back while vacuuming a minivan at a Shell gas station in Kensington, Md.



Pascal Charlot, 72
Killed Oct. 3 at 9:20 p.m.

Shot below the neck while crossing a street in Northwest Washington.



Caroline Seawell, 43
Wounded Oct. 4 at 2:27 p.m.

Shot in the back while loading her car in a parking lot in Spotsylvania County.



Iran Brown, 13
Wounded Oct. 7 at 8:09 a.m.

Shot in the abdomen at Benjamin Tasker Middle School in Bowie, Md.



Dean Harold Meyers, 53
Killed Oct. 9 at 8:10 p.m.

Shot in the head at a gas pump at a Sunoco station in Prince William County.



Kenneth Bridges, 53
Killed Oct. 11 at 9:28 a.m.

Shot in the upper back while pumping gas at an Exxon station in Spotsylvania County.



Linda Franklin, 47
Killed Oct. 14 at 9:15 p.m.

Shot in the head while loading packages in her car with her husband in a Home Depot parking lot in Seven Corners, Va.



Jeffrey Hopper, 37
Wounded Oct. 19 at 7:59 p.m.

Shot while walking to his car with his wife after having dinner at a Ponderosa restaurant in Ashland, Va.



Conrad Johnson, 35
Killed Oct. 22 at 5:55 a.m.

Shot under the rib cage while in the doorway of a bus in a staging area in Aspen Hill, Md.

Hearsay

"I was a monster. If you look up the definition, that's what a monster is. I was a ghoul. I was a thief. I stole people's lives."

— **LEE BOYD MALVO**, IN AN INTERVIEW PUBLISHED SUNDAY IN THE WASHINGTON POST. READ THE STORY AND FIND MORE ON THE SNIPER ATTACKS AT WASHINGTONPOST.COM/SNIPER.

Malvo were tried and convicted.

Muhammad, who was only charged and convicted with Meyers' murder, was executed by lethal injection in 2009. Malvo, now 27, is in a maximum-security prison in Virginia, where he is serving a life term for murder.

Retired Montgomery County police captain Bernard "Barney"

Forsythe, one of the lead investigators in the case, still has the logbook where he jotted notes during the last weeks of the case.

He cries when he reviews the entry he made after the killers were arrested.

He says he kept the log because the case is "a part of me, a part of history." (THE WASHINGTON POST)

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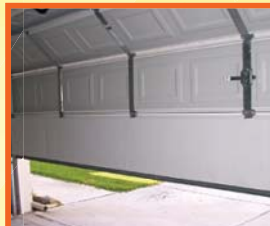
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A Transit Project for Dreamers

Q If money were no object, in your opinion, what one transportation-related project — new or improved road, bridge, Metro line, high-speed train line, etc. — in the greater D.C. area would have the greatest positive impact on transportation?

I would create that regional network of rapid buses that we're always talking about. What I want is something that has the potential for a high impact on living commuters, not people who will be commuting 40 years from now. The thing on your list that I'd be least likely to pick is high-speed rail. Huge investment and unrealistic ticket prices.

Dr. Gridlock offers commuter counseling online at washingtonpost.com.

Q Is there a reason Metro will apologize for "any" inconvenience during a delay, rather than for "the" inconvenience? I mean, I doubt they actually think delays might *not* be an inconvenience, but who knows.

It reminds me of when politicians say, "I apologize to anyone who was offended by my remarks," when it's obvious that any reasonable person would have been offended. Longtime riders get annoyed with the stock phrases that are used in announcements. I'll bet that for many of you, the phrase "Thank you for riding Metro" comes to mind.

Q Why doesn't Metro label trains during their weekend shutdowns? Several times this weekend on the Green Line, I saw passengers confused by trains that were only labeled "Special" with no color line identified on the front. One lady rushed off a train at L'Enfant Plaza because she thought it was a Yellow Line train, and another guy was about to try to transfer because he didn't know the train was going to Congress Heights.

I don't see any good coming from labeling trains "Special." When Rush Plus began, Metro officials made such a big deal out of telling everyone to watch the destination signs.

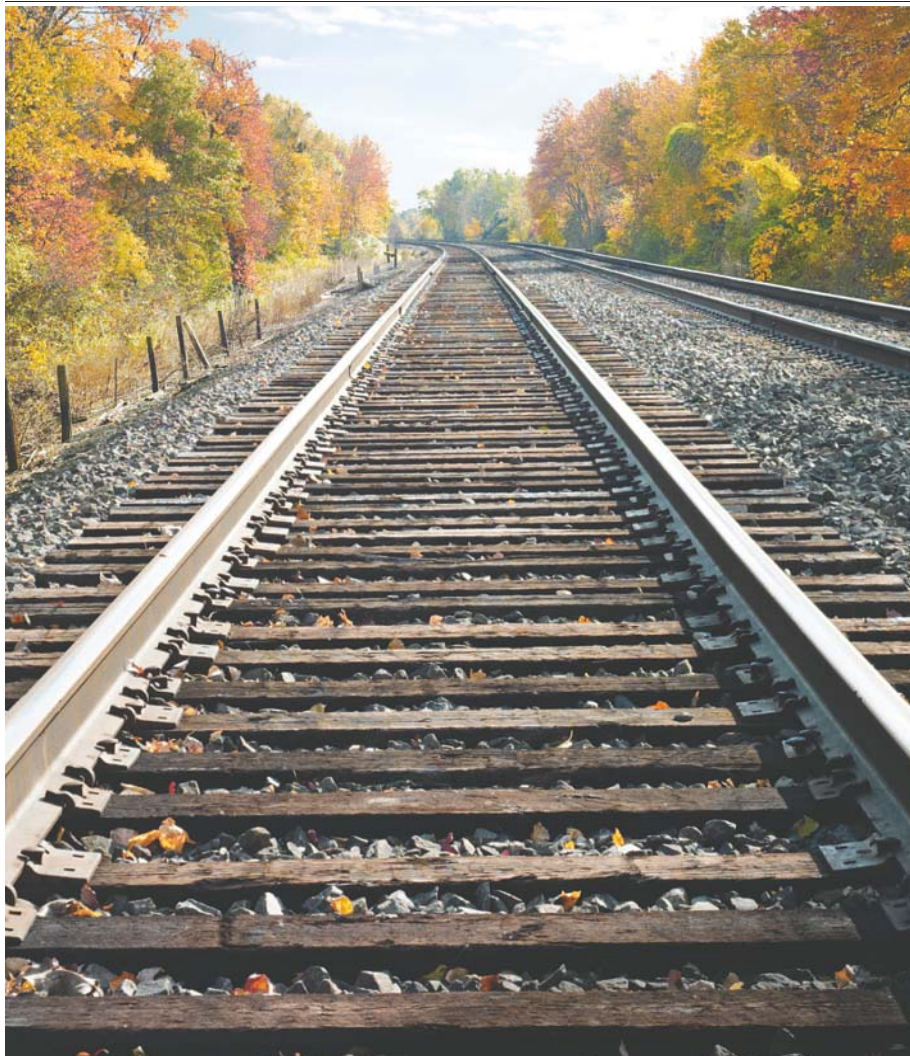
Q For all the attention given to the Blue Line lately, those trains are still going through McPherson Square half empty every afternoon. Yet for some reason, Metro is running eight-car Blue Line trains. Meanwhile, Orange Line service is as bad as ever. Monday morning, as far out as East Falls Church, I had to wait through five trains before I could actually get on one. In the 20 minutes I was waiting, there was not a single comprehensible announcement explaining the delays. During afternoon rush, Orange Line trains are often running six or more minutes apart and they are as packed as ever. Honestly, in the interest of providing customers who are paying the same fares an equivalent level of service, more resources should be diverted from the Blue Line to the Orange.

The Washington Post is planning to do some more tests based on the Rush Plus comments we've been getting about service on the Blue, Orange and Yellow lines.

I'm sure most of you know that the complaints generally come from Blue Line riders who say they want service put back to the way it was before Rush Plus began in June.

One thing that has surprised me: I've published many of their letters and comments. But I rarely hear from Orange Line riders. Since there's no more capacity in the Rosslyn tunnel, what the Blue Line riders are asking for is a cutback in the Rush Plus level of Orange Line service.

Riders are normally pretty jealous about the level of service on their line. That's why I was surprised I haven't heard more from the Orange Line riders.



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In Brief

ANNAPOLIS, MD.

Gov. Says More Should Be Done to Collect Tolls



O'Malley

Gov. Martin O'Malley says the state should be doing more to collect money from drivers who ignore road tolls. O'Malley, speaking Monday on WTOP,

said he believes the law must be changed to give clear authority to the state to suspend the registrations of drivers who use E-ZPass lanes to avoid paying tolls. Roughly \$6 million in tolls have gone uncollected from people who have used the lanes in the past five years. (AP)

WASHINGTON

Pedestrian Struck, Killed Near Archives Metro Stop

A man in his 60s was struck by a car and killed Monday morning in Northwest, about a block from the Archives Metro stop, according to D.C. police. The accident occurred at about 9 a.m. in the 400 block of Sixth Street NW, which is near the District's court buildings and two blocks north of the Mall. A police spokeswoman said the driver of the car remained at the scene. (TWP)

RICHMOND, VA.

Dominion Pressed For More Renewable Energy

Several environmental groups say Dominion Virginia Power needs to do more to increase the use of renewable energy such as solar and wind power. The organizations include the Sierra Club and the Chesapeake Climate Action Network. They began a weeklong demonstration Monday outside the company's Richmond headquarters. (AP)

D.C. Switches Autonomy Strategy

Proposal would allow vote to change city's charter in election

Washington

District residents could soon vote to free the city from some congressional spending restrictions if the D.C. Council passes legislation to be introduced Tuesday by Chairman Phil Mendelson.

The proposal represents a sharp turn in the District's march toward budget autonomy, a key goal of voting rights activists and city officials that has been embraced by some congressional Republicans but com-

plicated by threats of amendments targeting District affairs.

Mendelson's bill would authorize a vote in the next citywide election on changing the District charter to remove Congress' power over most local spending. If voters approve the measure and it passes a 35-day congressional review period, the city would be free to spend its locally raised tax dollars largely without Capitol Hill's interference.

The new strategy, masterminded by activist groups D.C. Vote and the D.C. Appleseed Center for Law and Justice, is controversial. Officials from those groups confirmed the plans Monday; Mendelson, a



Del. Eleanor Holmes Norton, left, greets D.C. Vote director Ilir Zherka in 2009.

Democrat, through a spokeswoman, declined to comment on the legislation before briefing his colleagues Tuesday morning.

There are concerns it could short-

circuit efforts by Del. Eleanor Holmes Norton, D, and Mayor Vincent Gray, D, to have Congress pass a bill granting budget autonomy — efforts supported by House Majority Whip Eric Cantor, R-Va., and Rep. Darrell Issa, R-Calif., chairman of the House Oversight and Government Reform Committee.

"I think all of us wanted to give that effort an opportunity to succeed," said Ilir Zherka, D.C. Vote's executive director. "But it's going to be harder and harder to get a budget autonomy bill through Congress, and we believe that the District of Columbia needs to embrace a new strategy." MIKE DEBONIS AND BEN PERSHING (THE WASHINGTON POST)

Occupy D.C. Marks Anniversary

Washington

About 50 or so members of the Occupy D.C. movement took to the streets Monday morning around K Street NW — the country's lobbying mecca — to protest what they see as the undue influence of corporate money in politics.

It was the first anniversary of the movement locally, after a small band of protesters took up residence in McPherson Square in solidarity with the Occupy Wall Street movement last fall.

Many lived in the park for four months until their campsite was evicted Feb. 4.

According to the Occupy D.C. website, Monday's protests commenced a weeklong series of demonstrations.

For the most part, the protests were peaceful. The group sang,



Occupy D.C. marks its first anniversary Monday at McPherson Square in NW.

chanted and moved through the streets, trailed by police and Homeland Security escorts, stopping at corporate lobbying offices around downtown.

"It's good to be part of the larger group, see faces you haven't seen in a long time," said Todd Waters, 29, a student from College Park.

(THE WASHINGTON POST)

New Children's Museum Set To Open in Dec.

Oxon Hill, Md.

The National Children's Museum says it will open in December at a site along the Potomac River just south of Washington.

The museum is building a new home at National Harbor in Maryland. On Thursday, the museum announced it will open its doors Dec. 14.

It previously operated as the Capitol Children's Museum for 30 years in Washington.

The museum will include two exhibit areas and a 130-seat theater. It hopes to draw 480,000 children annually.

Admission will cost \$10 per person. It also will offer field trips and birthday packages. (AP)

\$150M

The amount that Maryland's Capital Debt Affordability Committee voted to allow the state to increase the debt limit from the current limit of \$925 million Monday. (AP)

The Lotteries

Monday, Oct. 1

Maryland

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Evening Pick 3 (Sun.) 9-8-4
Mid-day Pick 4 5-1-1-7
Evening Pick 4 (Sun.) 0-0-0-8
Match 5 (Sun.) 5-11-30-36-39 (35)

District

Mid-day Lucky Numbers 1-0-6
Evening Lucky Numbers (Sun.) 4-6-5
Mid-day DC 4 4-8-1-7
Evening DC 4 (Sun.) 1-4-4-8
Mid-day D.C. Five 2-9-8-0-2
Evening D.C. Five (Sun.) 3-2-6-8-3

Virginia

Mid-day Pick 3 1-3-1
Evening Pick 3 (Sun.) 2-8-5
Mid-day Pick 4 3-2-1-4
Evening Pick 4 (Sun.) 8-2-9-3
Mid-day Cash 5 (Sun.) 10-13-19-24-25
Evening Cash 5 (Sun.) 4-7-12-27-30

All winning numbers are official only when validated at a claims location. Drawings that occur after Express' deadline will be published two days later.

Sports

Swengali

Let Teddy Win
— Just Not Yet

In a week that began with Robert Griffin III leading a comeback victory and will end with the Nationals in a playoff game, let's focus on the thing everybody really cares about. Will Teddy win?

Rumor has it that Wednesday's regular-season finale is when our 26th president will walk a bit less softly and carry a bigger stick against George Washington, Thomas Jefferson and Abraham Lincoln in the Presidents Race at Nats Park.

This will delight many Nationals fans, whose call to end the Roosevelt winless shtick has only grown louder.

For the record, entering this week's series against the Phillies, Abe leads with 214 all-time wins, George has 161, and Tom has 155 victories. Yet Teddy still has the goose egg dating back to the start of the race in 2006.


A Historic Season

We will look back on the Nats' record-setting season and ahead to their playoff push in a special edition of Friday's Express.

Poor Teddy deserves to finally get off the schneid, but the supposed plan to end the gag on Wednesday is a waste, especially since the "news" has already been leaked.

If the Nats really want to appease the masses, they should wait until the right moment — which won't be in front of a half-filled stadium playing hooky in what I hope is a meaningless game. Hello, the playoffs are coming. The Nats are going to be there, and they have a decent shot at the World Series.

Talk about drama and excitement. A victory in October would really make the crowd go wild. Teddy should win, but as they say, timing is everything.

 Follow Matt Swenson on Twitter. His handle is @Swengali.



Redskins quarterback Robert Griffin III has four rushing touchdowns this season, tied for the most in the league. He's on pace to rush for 1,000 yards and throw for 4,000.

The Difference Maker

Griffin's ability to carry the Redskins wows his teammates

The Redskins

Just four games into his NFL career, Robert Griffin III is already carrying the Redskins on his back — instead of the other way around.

The rookie from Baylor gives the Redskins hope in a way they haven't experienced in a long time. They might not win many games this season — or they might surprise and make a playoff push — but at least with Griffin they feel they have a fighting chance each week, something that can't be said about some among the merry-go-round of quarterbacks the team has employed over the past two decades.

Santana Moss said Monday that he's played with a lot of them, "And the one thing that I'm sure of: That when it comes down to Robert, he just has that ..."

Moss hesitated in mid-sentence, searching for the right words. "He's born with whatever he has," Moss continued. "It's in him. So you can be sure when something breaks down he's going to make a play in

some kind of way, and I haven't played with a lot of those guys."

Griffin now has his first fourth-quarter, hurry-up-offense comeback win, driving the Redskins 56 yards to set up Billy Cundiff's field goal with 3 seconds to play in Sunday's 24-22 win over the Tampa Bay Buccaneers.

"He made some plays that you always want a quarterback to make," coach Mike Shanahan said. "A lot of times they can't make those plays this early in their career."

With the headset malfunctioning, Griffin called some of his own plays during the final drive. One of the biggest gains was made with his feet, a 15-yard scramble that put the Redskins (2-2) in field goal range and saved them from a defeat that may have sent them toward another long, disheartening season.

The schedule is about to get

"He doesn't play like his age. He don't approach the game that way. He approaches the game like he's been here before."

— WIDE RECEIVER SANTANA MOSS, ON QUARTERBACK ROBERT GRIFFIN III

extremely tough — the undefeated Atlanta Falcons are up next — so Sunday's game was essentially a must-win against the struggling Buccaneers (1-3). Yet the Redskins still managed to blow a 21-3 lead, falling behind on a field goal with 1:42 remaining.

Washington's two victories this season have come against opponents with a combined record of 1-7.

"If we had lost, the way it would have gone down would have been especially demoralizing," tight end Logan Paulsen said. "To be up 21-6 at halftime and then to kind of just slowly give it away, I think that would have been a disaster. Also, being 1-3, that's pretty serious at this point in the season."

Griffin is on pace to throw for 4,000 yards and run for 1,000. He's completing almost 70 percent of his passes. He's thrown only one interception. And he knows how to light up a room: He quoted the movie "The Replacements" in the post-game news conference Sunday.

"I respect all those other quarterbacks," linebacker Lorenzo Alexander said. "But, just athletically, nobody can come close to him. ... It is surprising — I thought he would have more mistakes at this point." JOSEPH WHITE (AP)

Meriweather Out Again

Safety **Brandon Meriweather** will miss next week's game — and possibly others — after reinjuring his left knee in a pregame collision with WR Aldrick Robinson. Meriweather had been planning to play Sunday after missing the first three games with a sprain in the same knee.



Cundiff's Still In

Redskins coach Mike Shanahan said the team won't be working out any kickers this week after Billy Cundiff missed three field goals before making the game-winner on Sunday. Shanahan's statement doesn't rule out a new kicker being signed. (AP)

Sports

O's Aim to Soar Higher

The playoffs in hand, the Birds now shoot to win the AL East

Pro Baseball

It's been a zany, unpredictable season for the Baltimore Orioles, so perhaps it's only fitting that the magical moment when they clinched a playoff berth occurred while they were aboard a chartered flight forced to land short of its destination.

Late Nats Game

The Nats' push to clinch the NL East title against the Phillies ended after deadline on Monday. For a full recap, see [washingtonpost.com/sports](http://www.washingtonpost.com/sports)

Instead of spraying each other with champagne — the intended celebration earlier Sunday — the players acknowledged their accomplishment by exchanging handshakes. And that was OK, because Baltimore considers securing a wild-card spot to be nothing more than a stopover on its journey to the World Series.

After 14-straight losing seasons and four consecutive last-place finishes, no one would blame the Orioles for being content with an 81-81



The Orioles' J.J. Hardy high-fives teammates after hitting a home run on Sunday.

Orioles' Scary Flight

The airplane taking the Baltimore Orioles to St. Petersburg, Fla., Sunday night was diverted to Jacksonville because of smoke in the forward galley. A spokesman for the Jacksonville Aviation Authority told the AP that the plane was then inspected and deemed OK to fly. The Orioles resumed their trip on the same aircraft. (AP)

record, much less a wild-card berth. Yet they believe there is no boundary to what they can accomplish.

The next objective is winning

the AL East. "We've put ourselves in position to compete for the division title," manager Buck Showalter said. "That's where we set our sights for a while. Getting into the playoffs is a by-product of playing good baseball and competing in your division. You feel like if you're competitive in your division late in September, your chances of being involved in another way is good, too."

Baltimore entered play Monday tied in first place with the New York Yankees. The Yankees were hosting Boston, a team the Orioles swept over the weekend, and Baltimore was starting a three-game series against the Tampa Bay Rays. (AP)

Colts Coach Fighting Leukemia

Pro Football

It took Chuck Pagano less than nine months to instill his fighter's mentality and hopeful spirit in the Indianapolis Colts.

He will need both to survive the biggest battle of his life — leukemia.

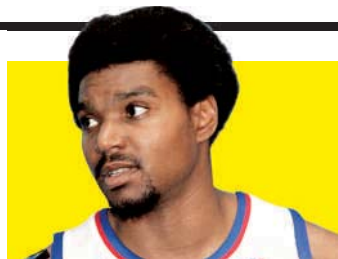
In a somber news conference Monday, the Colts announced that their new coach had been hospitalized for cancer treatment and probably would not return to full coaching duties this season. He will be replaced on an interim basis by offensive coordinator

Bruce Arians.

"He will do fine," said Arians, who survived his battle with prostate cancer in 2007. "I know him. He's a fighter. He's survived tough times already in his life."

Pagano, who turns 52 on Tuesday, will be treated with chemotherapy and drugs, said Dr. Larry Cripe, Pagano's physician. The process usually requires patients to spend four to five weeks in the hospital, but Colts owner Jim Irsay said he expected Pagano to stay a bit longer, six to eight weeks.

Indy (1-2) hosts the Packers (2-2) on Sunday. (AP)



INJURIES

Bynum Out 3 Weeks

Philadelphia 76ers center Andrew Bynum will sit out three weeks as a precaution after receiving knee treatment in Germany. Bynum had injections of plasma-rich platelets to stimulate healing in arthritis-affected areas in both of his knees. The Sixers said last week he was cleared to play in camp. (AP)

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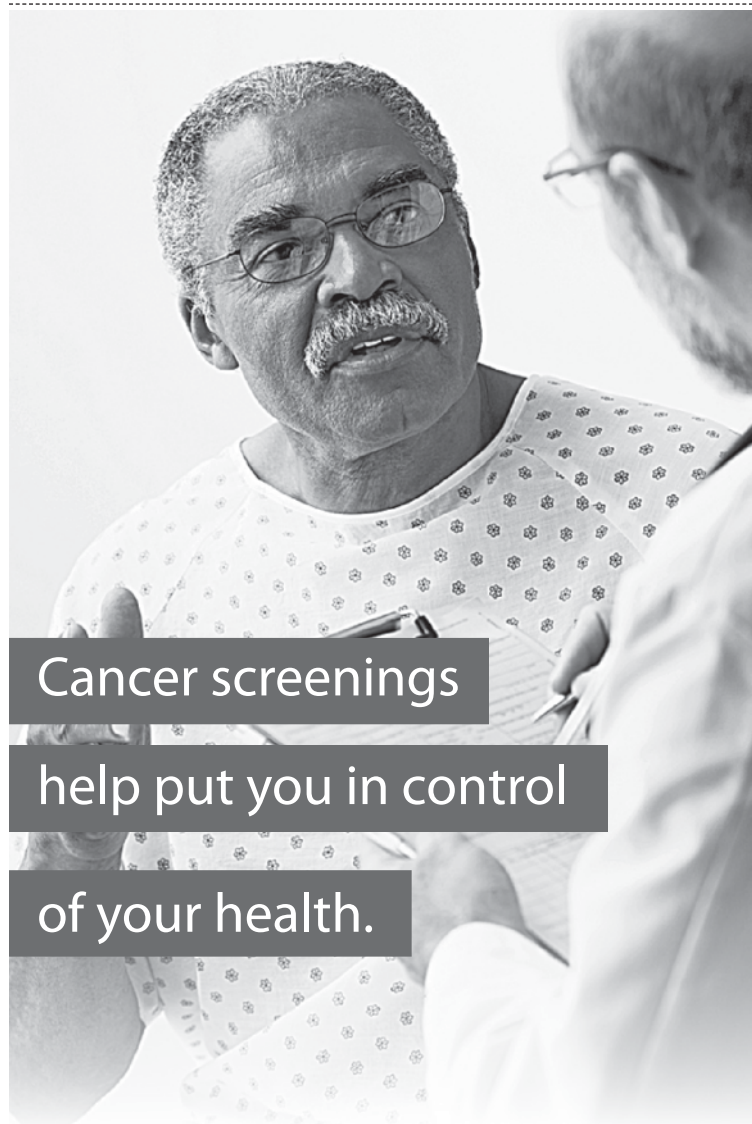
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Does RESTLESS LEGS SYNDROME have you going in circles?



If you're experiencing symptoms of Restless Legs Syndrome (RLS), learn more about this medical research study of an investigational RLS drug.

Local doctors are currently conducting the CONCORD medical research study of a Restless Legs Syndrome (RLS) study drug. They want to evaluate an approved dose strength with two investigational lower-strength doses of the study drug compared to placebo.

If you are experiencing unpleasant sensations in your legs and the urge to move them, which are common symptoms of RLS, or have been diagnosed with moderate-to-severe RLS, we hope that you will consider participating in CONCORD.

To pre-qualify for the CONCORD study, you must be:

- At least 18 years of age
- Experiencing RLS symptoms for at least 15 nights in the month before beginning the study or, if currently receiving RLS treatment, 15 nights in the month before beginning treatment

All study-related visits, tests, and study drugs will be provided to participants at no cost. In addition, reimbursement for time and travel may be provided.

For more information about CONCORD, please contact:

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Sports

Wizards Maintain Guarded Optimism

Washington shoots to stay afloat as Wall battles knee injury

The Wizards

The Wizards can't seem to catch a break, but in the case of John Wall's knee injury, maybe they did.

The do-everything guard for the Wizards will miss eight weeks with a stress injury to his left patella, putting a somber note on the team's media day Monday. Wall likely is out for the first 10 to 12 games of the season, depriving the team of its primary ball-handler and offensive catalyst in the team's up-tempo system.

But Wall was happy the injury was diagnosed when it was and didn't develop into something far worse. "I just have to try and stay positive and learn as much as I can on the sideline," he said. "I'm just glad they found it before it got real bad. I could have probably torn it and missed the whole season."

That would have spelled disaster for a Wizards team that feels it has the pieces to challenge for a playoff spot in the Eastern Conference. Even with a short-term injury, Washington will have to scramble to replace what Wall brings to the

New Addition



Free-agent guard Jannero Pargo on Monday signed with the Wizards, who were looking to add

backcourt depth while John Wall is sidelined with a left knee injury. The 6-foot-1 Pargo averaged 5.6 points, 1.9 assists and 1.5 rebounds with the Atlanta Hawks last season, his eighth in the NBA. (AP)

court in order to stay above water until he returns.

The Wizards have several candidates to help fill in the gaps while Wall recovers, including point guards A.J. Price and Shelvin Mack and the newly signed Jannero Pargo.

Shooting guard Jordan Crawford may also be asked to help out. He said he had no problems shifting over to the point and intimated that coaches had talked to him about that possibility.

"I got word a little bit — we'll leave it at that," he said. "John's going to be down, so everyone has to step up. I can easily move into that until he gets back. It's a natural position." ELLIOTT SMITH (FOR EXPRESS)

TV Lineup

NATIONALS (7 P.M., MASN) Gio Gonzalez could earn his 22nd win of the year when the Nats play the Phillies in the second game of the series.

ORIOLES (7 P.M., MASN2) The O's are in the playoffs — now they try for the AL East title when playing the Rays.

SOCCER (2:30 P.M., FSN) Barcelona takes on Benfica in a Champions League match in Lisbon, Portugal.

WOMEN'S BASKETBALL (9 P.M., ESPN2) The Seattle Storm and Minnesota Lynx tip off in Game 3 of their WNBA playoff series.



HOCKEY HOPE

Dream On

Wayne Gretzky thinks the National Hockey League's lockout will end before the showcase Winter Classic between the Detroit Red Wings and Toronto Maple Leafs. "I believe in my heart, maybe because I'm such a big hockey fan, that they will be playing by Jan. 1," he said Monday. (AP)

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Guinea Pig | Pass the Torch

Keep your pals on their toes by challenging them to races through the new free iPhone app TorchDash. The Greek-themed aesthetic is silly and the music is annoying, but the outdoor exer-gaming concept is cool. Go for a walk or run, and then let your Facebook friends try to beat your time wherever they are in the world. GPS won't let you cheat, and if you fall behind a buddy's pace, the announcer encourages you to speed up.



The Point Of Return

A local yoga teacher is back on his mat after a brutal assault

"I've been getting a lot of, 'You look great.' But I'm not tired of hearing it yet," says 29-year-old yoga teacher Michael Joel Hall. A little puffiness on his right cheek and a tiny scar partially obscured by the stubble of a beard are the only visible reminders of what happened to Hall in the early hours of July 22.

He and his partner, Michael Roike, were returning home to Eckington after a night out when they were jumped. The attackers' barrage of punches left Hall with a fractured jaw and other facial injuries. Hall and Roike had just moved to the neighborhood after their Logan Circle apartment was destroyed in a fire a month earlier.

Adding insult to his injuries, Hall had let his health-care coverage lapse while studying in India this year. So he was faced with paying for the ambulance, emergency room, reconstructive surgery and everything else out of pocket.

"I asked the doctor if maybe we didn't need to do the surgery," says Hall, who was told that forgoing it would leave him with a sunken eye. "All I could think about was how much it was going to cost."

The yoga community was thinking about that, too. "Instructors are focused on meeting their immediate needs, because no one is getting rich teaching yoga," says Peg Mulqueen, a friend and fellow yogi who helped organized a fundraising drive for Hall.

In his five years of teaching at studios and offices around the area, Hall has developed a devoted student base with his not-so-serious approach to seriously hard yoga (he specializes in Ashtanga). So it was no surprise that the local community rallied around him, with studios and students pitching in. No one, however, expected such an overwhelming response.

While in the hospital, Hall was inundated with letters, flowers, Facebook messages and a queue of visitors carrying balloons, blankets and ice cream. And on July 31, just a few days after he was released, he was able to respond with a post on his website, Midcityyoga.com: "No more donations, please."

Hall feels uncomfortable publicizing the exact number, but his bills have topped out in the tens of thousands — the two titanium plates in his face alone were \$7,000 each. Every cent has been covered. "I can't imagine we'll need any more," he says. "It's unreal. I don't know how to say thank you."

"I wasn't allowed to do anything. And I didn't want to do anything. That's not me."

— MICHAEL JOEL HALL, ON THE TRYING DAYS OF HIS RECOVERY AFTER THE ASSAULT

The Recovery

Even in the toughest days of his recovery, Michael Joel Hall (pictured below last month) always came back to his practice. "In Ashtanga, it's what you struggle with that matters," he says. His first big day out was an event in Meridian Hill Park in early August that was originally planned as a fundraiser and turned into a celebration. "I was a good boy and didn't do anything," says Hall, who performed his sun salutations from a seated position along with his parents. His practice is gradually returning — one pose at a time. "First it was triangle because forward fold was too hard," he says. "Right now, every day I'm doing something I couldn't do." V.H.



DAYNA SMITH/ETWP

Even with his bills covered, Hall has had a price to pay through the recovery process. His identity is wrapped up in the idea of being strong, flexible and physical. So the doctor's orders to limit himself to one phone book's worth of weight seemed almost cruel. "I wasn't allowed to strain or have my head lower than my arm," Hall says. "Child's pose was off-limits."

Hall even contemplated leaving yoga for the corporate world. "I thought, 'I'll get a regular 9-to-5 job, with two weeks off and a benefits package, and call it a day.'"

Class Is in Session

Michael Joel Hall's busy schedule takes him to several local gyms and studios. Find out where and when you can join a class with him on his website, Midcityyoga.com.

Unable to do much other than sit, Hall headed to California for a 10-day silent meditation. When he arrived, he recognized that he was losing himself. "I wasn't allowed to do anything," Hall says. "And I didn't want to do anything. That's not me." Meditating for 10 hours a day helped him find a path forward.

As the weeks have gone by, the doctors have rolled back the restrictions, Hall is insured again, and he went back to teaching the first week of September.

He feels a responsibility to turn his tribulations into something positive for the yoga community, which did so much to help him.

"There's no guild, union or organizing body," says Hall, who'd like to compile an "easy-peasy" guide for yoga instructors to help them organize their finances and know their options. "Make sure they don't end up like me."

He's living proof of what he told his students in a recent class as they twisted themselves into reverse triangle: "It's always OK to fall. It's how we learn to pick ourselves up."

VICKY HALLETT (EXPRESS)



Meet The Trainer

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Precious has a broad range of personal training experience, working with everyone from college athletes to geriatric clients. She knows that every client is different, every body is unique. Because of this, Precious is a firm believer in crafting customized workout plans to ensure maximum success. She also focuses on changing up workout sessions to prevent plateauing. Precious believes that fitness is the key to living a longer and healthier life. Her passion is conveying that to clients, and helping them lose fat, build muscle, learn proper nutrition and decrease health risk factors.

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Trainer Tip of the Week

Autumn is here! It's time to add layers of clothing and to review your workout program. Adding additional "layers" makes it easier to lose sight of your goals and can lead to a decreased motivation to hit the gym. Remember, toned muscles look great through sweaters too! Maintain your focus and come meet with me today to gain ideas on how to switch up your program. New season, New you!



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A Degree of Separation

Q I'm a sophomore in college. My hometown is about two hours from here, but my parents seem so much less involved than other parents. They don't send stuff, they don't visit (even for parents' weekend). I know most college students would say this is their dream. But it makes me feel lonely. I know my parents work hard and are busy raising my younger sisters. But I could use some attention once in a while. **FEELING FORGOTTEN**

There's no reason to be ashamed here: You miss your parents. And as much as helicopter parenting appears to be contributing toward the downfall of Western civilization, parental attention is sometimes just what the doctor ordered.

Your parents, though, might have different visions of what it means to be away at college. Maybe they're going off their own notions of what a college student might want or how a parent should behave. You've got to be more direct with them and urge them to come up for a visit if that's what you want. Take the lead to initiate contact more often, and tell them that you appreciate the independence they afford you but you also miss them and would like to stay in closer touch.

Don't Put This Ring On It

Q I recently got engaged to a fantastic guy, and I couldn't be happier. Which is why I feel terrible that I really don't like my engagement ring, like REALLY don't like it. I wanted to be surprised, but now I wish we had picked it out together. It's just not my style at all. But I don't want to crush my fiancé. Am I stuck with this? **HAPPILY ENGAGED**

My guess is that over time your ring will bother you less. Before the bridezillas attack me, yes, if you're going to be wearing this ring forever, you have the right to have it be something you love. But if your engagement is new, you may very well find that the ring will grow on you, and there's a chance that you'll eventually become attached enough to it that you wouldn't dream of switching it up.

There's also a chance it will get on your nerves every nanosecond you look at it. But since you're worried about feelings, time makes the solution simpler. In a couple of years, suggest, "You know what I'd love for our anniversary? Let's maybe look at resetting that amazing diamond you got me." That will hurt less than lining up at the jewelry store now, before you've even finished telling people you're getting married.



By Dr. Andrea Bonior

@ Send your questions to Dr. Andrea Bonior at baggage@readexpress.com. Andrea is a local clinical psychologist and author of the book "The Friendship Fix" (Friendshipfix.com).

Event Horizon

All's Well

Want to watch the trees change colors while standing in tree pose? This Saturday, Live Well DC (a Department of Health initiative) is hosting a morning of free yoga in Meridian Hill Park. A trio of teachers will lead classes in three styles between 9 a.m. and noon. Just show up with a mat or towel (a few mats will be on hand for people who need them). Get more information at MyLivewelldc.com.

phys ed **fit**

The Right Way to Run

Get to the finish line faster with these tips for your next race

Want to run faster? Run better.

A recent Brazilian study examined the mechanics of 16 experienced runners. Researchers found that having such attributes as a faster stride, less torso movement and a freer movement of the arms and shoulders led to better running economy — the amount of energy needed to maintain a certain pace.

“If we have two runners with similar training, the runner with the better running economy will win the race 90 percent of the time,” says Tim Quinn, a professor of kinesiology at the University of New Hampshire.

Try these three simple form fixes:

Increase Leg Turnover

Elite runners have about 180 strides per minute. Target that mark by eliminating your loping stride and pump your legs higher with quick,

light steps on the ground. Run to a song such as the Gaslight Anthem’s “45,” which is right around 180 bpm.

Having a strong knee lift in your stride helps you lean

180

The approximate number of strides that elite runners take per minute.

slightly forward, protects from overstriding and allows for a joint-protecting mid-foot strike, Quinn says. To keep your legs churning strong at the same pace, strengthen your hip flexors — they allow for fast, powerful forward leg movement.

Quit Swaying

You want to prevent your body and head from moving up and down or side to side as much as possible. Any movement outside of a straight-forward path just uses more energy, Quinn says. To fix this, keep your eyes focused dead ahead on a target like a lamp-



post 200 meters away. This keeps your eyes from surveying all around you and your body from following your gaze to take you off track.

Use Arms Correctly

“The natural tendency for runners is to become rigid, which isn’t to your benefit,” Quinn says. If you pinch your shoulders, you take energy away from propelling yourself forward with loose arm swings, which go hand in hand with an efficient stride, according to the study. Another easy fix: Stop your arms from crossing over the midline of your body. Since your goal is to move forward, having your arms cross side to side makes you expend energy over your body laterally instead of roughly straight ahead, making it a double whammy of energy expenditure. Relax your shoulders and keep your forearms from crossing the midpoint of your chest. BRIAN DALEK (REPRINTED WITH PERMISSION OF MEN’S HEALTH MAGAZINE © RODALE INC.)

You have to be fast to catch Pacers’ pop-up store on Barracks Row (731 8th St. SE) this weekend celebrating the launch of the Asics GT-1000s and GT-2000s. The shop, which opens Saturday and closes Monday, will offer limited-edition apparel and host a 5-mile fun run for all abilities at 8 a.m. Monday. See Runpacers.com for more. (EXPRESS)

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Pay attention to your muscles while you exercise to get the most out of weights

A new study in the Journal of Strength and Conditioning Research found that when people focused on a specific muscle during basic lifts — thinking about pecs during a bench press, for example — they worked that muscle 22 percent harder. Use these form cues for four common moves:



During pull-ups, focus on placing your shoulder blades in your back pockets.

Bench Press

“Dig your feet into the ground and keep your glutes tight throughout. It’ll keep you more stable,” says Tony Gentilcore, co-founder of Cressey Performance in Hudson, Mass.

Squats

“Think of spreading the floor with your feet,” he says. “Your feet are planted and knees still point straight ahead, but isometrically ‘pushing’ them apart helps open your hips to allow for better depth.”

Pull-Ups

Pull through your elbows to engage your lats more. “From there, focus on placing your shoulder blades in your back pockets by pulling them together and down,” he says.

Bicep Curls

Slow down and squeeze hard at the top, Gentilcore advises. And tighten your glutes: They’ll protect your back from injury and help stabilize the entire exercise. LARA ROSENBAUM (REPRINTED WITH PERMISSION OF MEN’S HEALTH MAGAZINE © RODALE INC.)

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COURTESY HENRY WINKLER

Henry Winkler, right, watched his mother, left, struggle with upper limb spasticity.

A Way to Get Happier Days

Henry Winkler touts Botox as a therapy for upper limb spasticity

It's no surprise that a Hollywood celebrity is promoting Botox. But the reason Henry Winkler is giving the neurotoxin two thumbs up in Washington today probably isn't one you'd expect: He's working as an ambassador to promote the use of Botox in treating upper limb spasticity (ULS).

You might not know the condition by name, but you've seen it before, promises the actor, best known as "the Fonz" from "Happy Days."

"The arm, hand, wrist or fingers freeze up in odd shapes. The fingers push into the palm, the upper arm is frozen into the chest or out like a wing," says Winkler, who watched his mom suffer with ULS for 10 years after a stroke in 1986. Not only was it physically debilitating, it was also embarrassing.

She was an active woman who ran a shop at her synagogue and regularly played bridge and canasta with friends. "And it all stopped," Winkler says. "I watched the will to live drip out of this woman. She didn't want to go on a walk anymore, didn't want to get

Meet Up

Patients and their caregivers are invited to hear Henry Winkler, along with neurologist Laxman Bahroo from Georgetown University Hospital and other speakers, at 2 p.m. today in the Federal A/B Room of the Capital Hilton (1001 16th St. NW). For more information about upper limb spasticity, visit Openarmscampaign.com.v.h.

in a wheelchair for a push."

Botox wasn't an option for his mom, but patients these days can get an injection to release frozen muscles. "You don't get use of the hand back, but you get the ability to try therapies on it," he says.

The treatment also boosts self-esteem by giving patients the opportunity to wash their hands, clip their fingernails or dress themselves.

As for Winkler's self-esteem, he'll be testing it on this D.C. trip when he visits his old leather jacket at the Smithsonian. He'll look, but he won't be putting it on.

"The fear is it will not fit exactly the same way," he says. "And I don't want to be the one to find that out." VICKY HALLETT (EXPRESS)

lookout

As Her World Turns
Lindsay Lohan lands
in the middle of a
harassment case **39**

Sound Bets



No Clinging

When my uncle died nearly a decade ago, we tried to donate his music collection to a university or library. His was an enormous, well-organized assemblage of jazz items — LPs, CDs, mags, books, photos — that could've been used as an amazing educational resource. But nobody wanted it.



By
Christopher
Porter

Nobody.

Barring something unfortunate, I have a long time before I die, but I've pondered the future of my sonic assemblage ever since my uncle passed. My music collection is formidable, too, covering 30 years of multi-genre acquisitions. But nobody's going to want it en masse, either. So I've been thinking about how to pare it down and just retain a few things I'd like for my kids — with "a few things" still meaning thousands of CDs, LPs, books and more.

Last weekend, I took the first step by giving away boxes of important music magazines, such as "Down-Beat" (a jazz and blues pub that's been around since 1934) and "The Wire" (which has counted Matt Groening and Thurston Moore as longtime subscribers). But the bulk of those publications didn't even come from me; they were my uncle's.

It's easier to give away things that were never yours.

@ Read Christopher's previous columns at:
expressnightout.com/soundbets



On the small screen,
fights break out all the time,
even between good friends

Television

Life is not without physical confrontation, but for many of us, it's blessedly rare. Yet on television, rumbles break out all the time, even between best friends. Often, characters patch things up, then continue as if nothing happened.

We know that even reality TV shows have little basis in reality. But television's parade of friend-vs.-friend fights is surreal. If a friend or co-worker punched you in the face, you probably wouldn't hang out with them later that day. And how often do you see two buddies trade blows, then move on without intervention from police, lawyers, therapists or HR?

On television, all the time.

Dan Humphrey punched Chuck Bass in the face on "Gossip Girl" (twice) after Chuck's shady behavior with Dan's sister (twice), and then the two became pals. Jason Street made up with Tim Riggins on "Friday Night Lights" after a heart-breaking fight scene over Street's

girlfriend. No one knows how Rick and Shane delayed disaster for two seasons on "The Walking Dead," given their brawls.

Why do we see this bizarre plot device so frequently? The root of any great story is conflict, people like to watch protagonists do battle, and the story has to evolve somehow.

Bad blood between two characters at the center of a show, especially a sitcom, can't last.

"There's definitely a recurring impulse to see the good guys fight each other," says Andy Daglas, a writer and editor for the website This Was Television. "It's the idea that when you have built a show on a core relationship of a couple of friends, an easy way to open up some drama and do something new is to split them apart."

The problem: As Daglas points

TV's Hit Formula



Fight. Reunite.

This anecdote from an August episode of MTV's "Awkward" shows how TV friends fight. Jake (Brett Davern, right) and Matty (Beau Mirchoff, left) are best friends, but Jake finds out that his girlfriend and Matty have a past. Jake punches Matty. Matty fights back. "I [had sex with] your girlfriend!" Matty yells. Then, one episode later:

Jake: "Dude, I don't want our friendship to go out this way."

Matty: "Neither do I."

Jake: "So what do we do?"

Matty: "We just move on, and we tell each other the truth, OK? About everything."

Jake: "Yeah, good for me."

out, bad blood between two characters at the center of a show, especially a sitcom, can't last. Viewers love consistency. It makes television work.

Sure, it's unlikely that Dawson and Pacey would have made up so fast on "Dawson's Creek" after throwing punches when Dawson accused Pacey of stealing answers to a PSAT test. But sometimes punching someone equals friendship.

On the second-season premiere of CBS' "How I Met Your Mother," for example, Marshall is devastated in the wake of a breakup and wonders if he should give his ex-fiancee a call.

"No, no, if you call her when she asks you not to, you're just gonna look weak and you're gonna regret it," his best friend, Ted, explains. "Now listen, whenever you feel like calling her, you come find me first — and I will punch you in the face."

Marshall smiles. "You're a good friend, Ted," he says.

EMILY YAHR (THE WASHINGTON POST)

lookout entertainment



COURTESY/ISLAND RECORDS

On the 'Brightside'

The Killers find album sales success despite modern rock radio's recent struggles

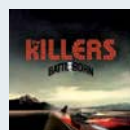
Music

He's obviously a professional singer, but the Killers frontman Brandon Flowers still thought it was a good idea to take voice lessons before recording the band's new album.

"It seemed like the right thing to do," he says. "I wanted to be better, get better, and it's just helped me. ... [My voice teacher] knows what my ambitions are, and he knows there's a certain style and something I've

already got going on. We're just trying to fine-tune a few things."

The 31-year-old adds that he's "not trying to be an opera singer or anything."



Battle Born
The Killers

He showed off his voice when honoring the late Andy Williams with a version of "Moon River" last Wednesday night, and it's heard all over "Battle Born," the band's fourth album, which debuted at No. 3 on the Billboard 200 albums chart.

Flowers insists his maturity as

a vocalist hasn't affected the core sound of the band, known for the hits "Mr. Brightside" and "When You Were Young."

Yet the album's first single, "Runaways," has only peaked at No. 78 on Billboard's Hot 100 chart, which is dominated by dance and electronic-flavored songs.

"We've always walked the line, you know?" Flowers says. "Now it's strange, it's tough to be a rock band right now. It is. The rock stations are dying." JOHN CARUCCI (AP)

● **Patriot Center, 4400 University Drive, Fairfax; Dec. 18, 6 p.m., \$45-\$65; 703-993-3000, Patriotcenter.com.**

A Cure for Puck Withdrawal

The NHL season is stuck in a lockout, but fans can play on

Video Game Review

Most hockey fans would agree that last year's "NHL 12" video game was pretty close to perfect. But that hasn't stopped the producers at EA Sports from trying to improve it.

This year, the improvements in "NHL 13" include even more realistic skating with more than 1,000 new animations. Player control is better, and the artificial intelligence more closely mimics what you'd see on the ice if you were watching a real game.

'NHL 13'
\$59.99 (Xbox360, PS3)

Those are all good things because this may be the closest thing to the NHL we'll see this season as a league lockout continues.

The new "NHL Moments Live" feature allows you to go back in time and re-create some of the most memorable events in the league's history. With dozens of moments to choose from, tackling all of them



EA SPORTS

With "NHL 13's" "NHL Moments Live" feature, you can play as Wayne Gretzky.

can certainly keep you entertained — and new moments are set to be added for the latest season (if that ever happens).

This year's game also takes the popular "Be a GM" mode online so you can play with friends, create your own NHL league and manage your own team. There's even a mobile app that allows you to make trades, check standings and connect with your friends in the league without even logging onto your game console.

Overall, "NHL 13" builds on the features that have made it the best hockey video game experience.

MICHAEL FELBERBAUM (AP)

Today's Top Stops

COMPILED BY FIONA ZUBLIN

KYLE GUSTAFSON/TWP



1 They're Animals

After striving for pop perfect on "Merriweather Post Pavilion," Animal Collective regrouped in Baltimore to record. "Centipede Hz." Seeing the band at Merriweather is still a bit of a mind-bender — and one we recommend you try. **Merriweather Post Pavilion, 10475 Little Patuxent Pkwy., Columbia, Md.; with Micachu and the Shapes; Tue., 6:30 p.m., \$30-\$45; 410-715-5550, Merriweathermusic.com.**

2 The War Comes Home

Christopher Shinn's "Dying City," a two-person play that wraps domestic drama around issues of veterans affairs, sexual control and the war in Iraq, is getting its D.C. premiere at Signature Theatre starting tonight. Therapist Kelly, dealing with the death of her husband, finds herself having to handle his brother's emotional issues. **Signature Theatre, 4200 Campbell Ave., Arlington; through Nov. 25; 703-820-9771, Signature-theatre.org.**

3 It's Called 'Irish Happiness'

Two Door Cinema Club looks to add some emotion to the dance party on sophomore effort "Beacon," which was released last month. The Irish indie rockers make music that might make you feel sad, but you'll still want to dance the night away to. And, really, isn't that all you can ask for? **9:30 Club, 815 V St. NW; with Friends, Guards; Tue., 7 p.m., sold out; 202-265-0930, 930.com. (U Street)**



TV tonight **lookout**

Oscars Get Animated

'Family Guy' creator tapped to host 2013 Academy Awards

Ceremonies

Seth MacFarlane will host the 2013 Oscars ceremony in Los Angeles.

First-time Academy Awards producers Craig Zadan and Neil Meron made the announcement Monday.

"His performing skills blend perfectly with our ideas for making the show entertaining and fresh," the producers said in a statement.

MacFarlane is best known for his envelope-pushing animated TV shows "Family Guy" and "American Dad." He made his big-screen directorial debut earlier this year with "Ted," which took in more than \$420 million at the box office. The



Seth MacFarlane, the voice of Peter and Stewie Griffin, will host the 2013 Oscars.

38-year-old entertainer also hosted the season opener of "Saturday Night Live" last month.

This is his first time hosting the Academy Awards.

MacFarlane called the opportunity "an overwhelming privilege."

"My thoughts upon hearing the news were, one, I will do my utmost to live up to the high standards set forth by my predecessors; and, two, I hope they don't find out I hosted the Charlie Sheen Roast," he said Monday.

Nominations for the 85th annual Academy Awards will be announced Jan. 10 — nearly a week earlier than typically revealed and coming ahead of the Golden Globe Awards. The Oscars will be presented Feb. 24 at the Dolby Theatre at Hollywood & Highland Center in Los Angeles.

SANDY COHEN (AP)

Reality



CYRUS MARSHALL

Safe Travels

The new reality series "Airport 24/7: Miami" (Travel, 9 p.m.) follows the people (including Albert Cordeschi, above) who make Miami International Airport run smoothly and safely. In the first episode, airport security intercepts firearms in a carry-on bag passed through the X-ray machine. Then, an agent finds a knife hidden in the sole of a passenger's sneaker. Maybe this "Miami" is a new kind of arm-chair travel. After watching it, you may be much less eager to fly again. (UNIVERSAL UCLICK)

Best Bets

CW
8:00

Hart of Dixie When we left Bluebell at the end of last season, George had walked out on his wedding to Lemon and confessed his feelings to Zoe (Rachel Bilson, right), who now must choose between him and Wade. In need of another woman's perspective, Zoe befriends Ruby Jeffries, a former resident who has come back to town.



ESPN
8:00

30 for 30 "Broke" follows sports stars who have lost or squandered their fortunes. Pro athletes can live large on huge contracts, but many have been sucked into overspending and bad investments, and others have had to deal with freeloaders and expensive medical problems.

PBS
8:00

History Detectives Vietnam veteran Bob Frazure asks Wes Cowan to find the loved ones of a fallen North Vietnamese soldier whose diary he's had for 46 years and return it to them. Defense Secretary Leon Panetta (left, with Vietnamese Minister of Defense, Phung Quang Thanh) lends a hand with the mission.



HIST
9:00

How Playboy Changed the World Launched almost 60 years ago, Playboy magazine chronicled the sexual revolution of the mid-20th century while also helping to make it happen. This new special examines the magazine's impact not only on sexual mores but on gender roles, race relations and free speech. (TRIBUNE MEDIA)

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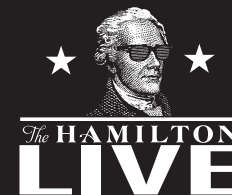
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VIBES QUARTET

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THURSDAY, OCT 18
VINTAGE TROUBLE

SATURDAY, OCT 20
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WEDNESDAY, OCT 24
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THURSDAY, OCT 25
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FRIDAY, OCT 26
JOE TAYLOR GROUP

SATURDAY, OCT 27
THE NEW ORLEANS SUSPECTS

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STOOGES BRASS BAND

THURSDAY, NOV 8
ALICE SMITH

FRIDAY, NOV 9
ROOMFUL OF BLUES

SATURDAY, NOV 10
LIVE'S ED KOWALCZYK

SUNDAY, NOV 11
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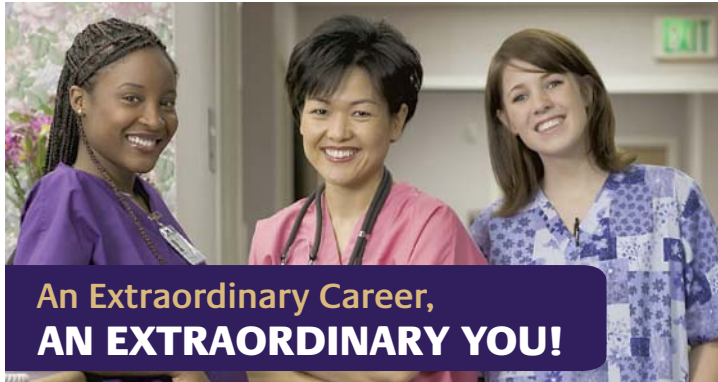
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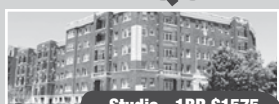
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Blog Log

“Order an imported beer every time someone, ironically or otherwise, starts chanting, ‘USA! USA!’”

— ELI ROSENBERG AT BROOKLYN PAPER.COM offers up one possible rule for a drinking game based on the upcoming presidential debate in Denver on Wednesday.

“It is an ode to more than defeat; but it's also a representation of very basic feelings complicated by literary analogy. The Headbutt was full of anger, stupidity, and recklessness, but beneath them lay a damaged sense of honor. This makes it hard for even the calmest football fan to wholly begrudge Zidane his actions.”

— KOTTKE.ORG offers a critique of the statue of Zinedine Zidane head-butting Italian Marco Materazzi at Pompidou Center in Paris. The work depicts the events from the 2006 World Cup Final.

“That awkward moment when you become the mayor of a male coworker's apartment.”

— @AF has been spending quite a bit of time on Four-square and hanging out with her colleagues.

“International marketers are often challenged with trying to fit in to regional values while still maintaining global brand values. It wasn't the first time someone called out a big brand for caving to local sensitivities, and it won't be the last. But I think Ikea at least did the right thing by apologizing and promising to make good.”

— TOM MEGGINSON AT WORKTHATMATTERS.BLOGSPOT.COM thinks the Swedish furniture company did the best it could with the PR debacle it had on its hands after it digitally removed images of women from the Saudi Arabia version of its catalog.

“Trouble started Thursday, when Metro tweet-gang ringleader Unsuck D.C. Metro pointed out that for a company that claims to be about generating user engagement, MindMixer doesn't have that many followers on Twitter. ... The ensuing Twitter feud pulled in Unsuck's legion of fans, and left both Metro and MindMixer looking bad.”

— WILL SOMMER AT WASHINGTON CITYPAPER.COM/BLOGS/CITYDESK breaks down via Storify the battle that unfolded over MindMixer.com, the company that Metro is paying \$1,250 a month to handle its customer-service feedback website.

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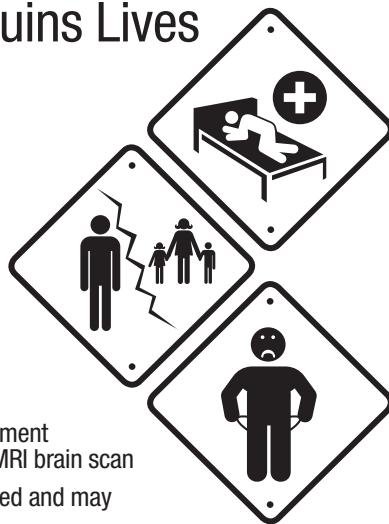
You may be eligible for the study if you:

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WHEN

Saturday, October 6, 2012
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Program Start: 10:00 AM

WHO

Dr. Fernando De Zarraga,
Advanced Medical
Specialties - Miami, FL
Judy, Living with
Multiple Myeloma



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puzzles lookout

Horoscope

LIBRA (Sept. 23-Oct. 22) You can share information today that will make an immediate difference to all concerned once it is heard and assimilated.

SCORPIO (Oct. 23-Nov. 21) You will have to tend to certain responsibilities in an order that doesn't see to make sense to you — but go ahead anyway.

SAGITTARIUS (Nov. 22-Dec. 21) You will encounter many hidden dangers today. Though they may seem small, they may prove significant in helping you escape serious harm.

CAPRICORN (Dec. 22-Jan. 19) Try not to lose too much ground by taking a backseat to someone else. You can claim your rightful position.

AQUARIUS (Jan. 20-Feb. 18) You may not understand some of the rules as explained by one in charge, but someone in your line knows how to make them clear.

PISCES (Feb. 19-March 20) Your inability to see things as clearly as usual, may slow you. Try to focus on ideas that are presented directly.

ARIES (March 21-April 19) The unintended may be unavoidable today; You will have to get used to making certain mistakes.

TAURUS (April 20-May 20) Now is not the time to rest on your laurels; there is always someone ready to challenge you and you must be prepared to meet that challenge

GEMINI (May 21-June 20) You might benefit from a revelation of sorts today, though others may simply think you're off your rocker!

CANCER (June 21-July 22) You'll come face-to-face with a danger that you have feared for a while — but today, you're better equipped to deal with it.

LEO (July 23-Aug. 22) An ill-conceived plan may actually be more hazardous to you right now than no plan at all. Make sure your ideas are sound and realistic.

VIRGO (Aug. 23-Sept. 22) The routine you most enjoy may not serve you well today. You'll know it as soon as you are faced with a problem you, previously, had not anticipated.

Scrabble Grams

PAR SCORE 140-150, BEST SCORE 206

A ₁	E ₁	E ₁	U ₁	R ₁	T ₁	S ₁

--

 RACK 1

O ₁	U ₁	Y ₄	G ₂	C ₃	T ₁	R ₁

--

 RACK 2

A ₁	E ₁	E ₁	I ₁	R ₁	L ₁	K ₅

1st Letter
Double

--

 RACK 3

A ₁	E ₁	O ₁	G ₂	F ₄	M ₃	R ₁

Double
Word Score

--

 RACK 4

Yesterday's Solution

T ₁	A ₁	K ₅	E ₁	O ₁	F ₄	F ₄
G ₂	E ₁	R ₁	M ₃	A ₁	N ₁	E ₁
F ₄	L ₁	O ₁	R ₁	I ₁	D ₂	
F ₄	A ₁	I ₁	L ₁	U ₁	R ₁	E ₁

 PAR SCORE 140-150

 RACK 1 = 101
 RACK 2 = 60
 RACK 3 = 10
 RACK 4 = 61
 TOTAL 232

FOUR RACK TOTAL

Make a 2-7 letter word from the letters in each row. Add points of each word using scoring directions at right. Seven-letter words get a 50-point bonus. Blank tiles used as any letter have no point value. Scrabble is a trademark of Hasbro in the U.S. and Canada.

Sudoku

MEDIUM

	6		2	3	4			
1					5		6	
3	4	5	9		1			
	1	3			6			8
	9	6	4	7	8	3	1	
2			1			6	4	
			6		2	8	7	1
	7		3					6
			8	1	7		3	

Yesterday's Solution

7	9	3	4	6	5	1	8	2
6	8	1	9	2	3	7	4	5
2	4	5	8	7	1	6	9	3
5	3	2	7	9	6	4	1	8
4	1	6	3	5	8	2	7	9
9	7	8	1	4	2	5	3	6
1	2	9	6	8	7	3	5	4
3	5	4	2	1	9	8	6	7
8	6	7	5	3	4	9	2	1

Need more Sudoku? Find another puzzle in the Comics section of The Post every Sunday and in the Style section Monday through Saturday.

Comics

POOCH CAFE | PAUL GILLIGAN



PEARLS BEFORE SWINE | STEPHAN PASTIS



Forecast

79 | 70

Today: A couple of thunderstorms today. A passing shower tonight.

86 | 66

Tomorrow: A thunderstorm tomorrow; morning fog. Mostly cloudy tomorrow night.

Looking Ahead

THU **FRI** **SAT**
84 | 63 | 83 | 59 | 72 | 52

Sun and Moon
 Sunrise today: 7:05 a.m.
 Sunset today: 6:49 p.m.
 Moonrise today: 8:01 p.m.
 Moonset today: 9:28 a.m.

Almanac
 Normal high: 74
 Record high: 93
 Normal low: 56
 Record low: 36

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Crossword

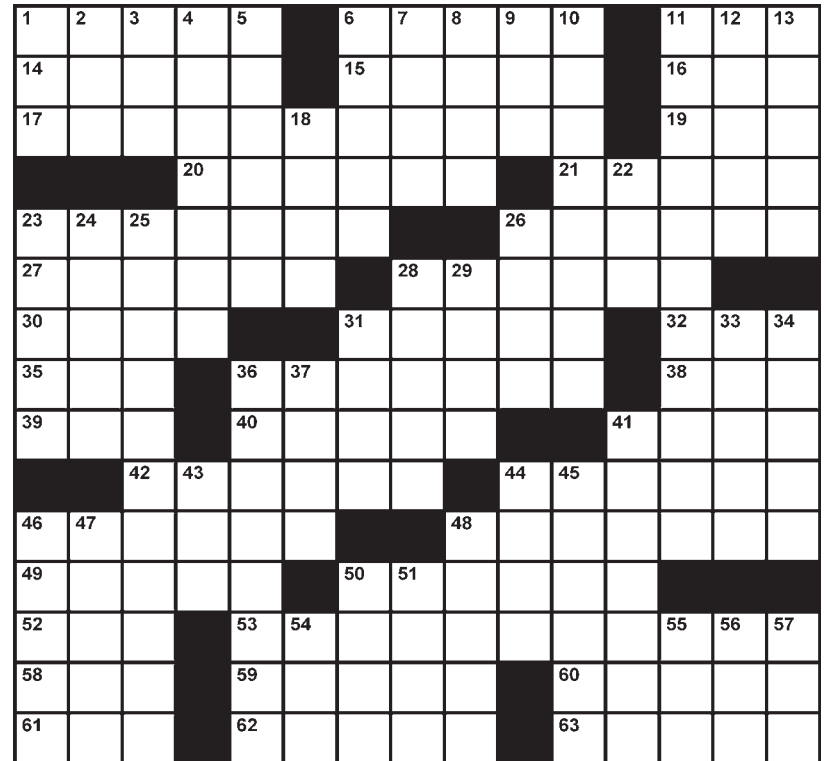
NOT IN TO IT?

ACROSS

- 1 Provoked (with "on")
- 6 Pale purple
- 11 Photo ____ (journalists' desires)
- 14 Garden statue
- 15 "____ man with seven wives"
- 16 Decaf dispenser at a diner
- 17 Like Maryland crabs in the winter
- 19 Foot part
- 20 Bully's weapons
- 21 A layer with a hole
- 23 Alternatives
- 26 Pot, in the past
- 27 Blind slat
- 28 Sorrowful sound
- 30 Pre-deal chip
- 31 Not good places to get your kicks
- 32 ____ and cry (public clamor)
- 35 Post-prenup statement
- 36 Unconscious
- 38 Pull the plug on
- 39 Part of Great Britain's defense
- 40 Cockamamie
- 41 Deep draft of liquor
- 42 Barely worth bringing up
- 44 Annul, as a judgment
- 46 Peyton Manning is one
- 48 All-night flights
- 49 From around here
- 50 Ozzy Osbourne's wife
- 52 "Shoot!"
- 53 Gasping
- 58 A's distant cousin
- 59 Coined word?
- 60 "Sesame Street" character
- 61 Wintertime in D.C.
- 62 Uses camouflage
- 63 Winona of "Edward Scissorhands"

DOWN

- 1 ____ trip (self-indulgent activity)
- 2 Serengeti antelope



EDITED BY TIMOTHY E. PARKER

- 3 Acquired or understood
- 4 Expressive of feelings
- 5 Spoil the surface of
- 6 Property restrictions
- 7 "And while ____ it ..."
- 8 Subtracting
- 9 ____ Z (completely)
- 10 Paddling advocate
- 11 Safe from approaching danger
- 12 Lying facedown
- 13 Lip-curling look
- 18 One who says, "See you in court!"
- 22 Road to enlightenment, for some
- 23 Mrs. Cliff Huxtable
- 24 Civic organization?
- 25 Like some expenses
- 26 Indian royal

- 28 Fake
- 29 Limb's partner
- 31 Name on the marquee
- 33 Call to the workers of the world
- 34 Does some lawn work
- 36 Waterproof fabric
- 37 Golden Rule word
- 41 Stage background
- 43 The Santa ____ winds
- 44 "Walk" or "crawl" or "sink" or "swim"
- 45 Infatuated one
- 46 Job for firemen
- 47 American Beauties
- 48 Some are inflatable
- 50 Poker game
- 51 Coil in a garden
- 54 Controversial mentalist Geller

- 55 Clause connector
- 56 Reason for OT
- 57 That lady's pronoun

Yesterday's Solution



Today in History

1941 During World War II, German armies launch an all-out drive against Moscow.

1950 The comic strip "Peanuts," created by Charles M. Schulz, is syndicated to seven newspapers.

2006 A man holds girls hostage in an Amish school-house, killing five of them and wounding five others before committing suicide.

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RELIGION

Church and Cruise Due for A Come-to-Xenu Meeting

A former high-ranking Scientologist told Radaronline.com that the church is bending the rules for Tom Cruise to see his daughter. "If Tom was any other Scientologist, including lesser celebrities, he would not be allowed to continue seeing and maintaining communication with Katie or Suri, because they are no longer in Scientology," Nancy Many said. (EXPRESS)



DIMITRIOS KAMBOURIS/GETTY IMAGES

USUAL
More Drama Than Trauma

A 25-year-old man arrested Sunday on an assault charge after Lindsay Lohan claimed he grabbed her in her hotel room during an argument over cellphone images was freed and his arrest voided when the charge could not be substantiated. Christian LaBella and Lohan have now filed harassment complaints with police against each other after they were interviewed by police about their run-in. (AP)

"It's not my fault if someone gets into a relationship with me and then cheats and I write a song about it."



— TAYLOR SWIFT TELLS NOVEMBER'S U.K. EDITION OF MARIE CLAIRE THAT MEN DATE HER AT THEIR OWN RISK. DON'T WANT A SONG WRITTEN ABOUT YOU? TAKE A HIKE.

CAREERS

Door Finally Open to Bar and Bat Mitzvahs!

Elton John played two weddings this past weekend, TMZ.com reported. One was that of Laura Katzenberg, daughter of DreamWorks CEO Jeffrey Katzenberg, to record producer Mark Sudack. John, who is friends with Jeffrey Katzenberg, played the piano for the couple's first dance. The other wedding was the union of actress Holly Valance to billionaire Nick Candy. (EXPRESS)



LOVE

It's Not Marriage Without Paperwork and Prenups!

Rumors that Demi Moore and Ashton Kutcher were never legally married have been put to rest by Radaronline.com, which obtained the deed to one of the couple's properties. According to the deed, Moore is a "spouse" and Kutcher is "a married man." Speculation that the pair were unwed arose because neither party has filed divorce papers as yet. (EXPRESS)



JEMAL COUNTESS/GETTY IMAGES

"Marriage isn't just a sheet of paper. It legally makes it harder to get rid of me."

Dirtbag Digest**99.999 Percent of Athletes Disagree**

Arnold Schwarzenegger says his lifelong ability to put his emotions "on deep freeze" led him to keep many secrets from wife Maria Shriver. The former Mr. Universe traces his detachment to his bodybuilding days, where he says emotions make athletes lose. "So I became an expert in living in denial," he said in a "60 Minutes" interview. (AP)

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